

# MENTORS MAKE A DIFFERENCE



Lorraine Strang, Senior Learning Development Officer, Glasgow Health and Social Care Partnership has been an MCR Pathways mentor at Hillpark Secondary since May 2017.



Lorraine meets, for one hour a week, with her young person to provide guidance, support, and most importantly to offer a caring, listening ear.

Here's what Lorraine thinks about how that hour is making a life-changing difference – to both her mentee, and to herself.

"I wanted to get involved because I thought I could use my experience to help. I've worked with children in residential childcare for many years. As a mentor, I thought I could provide extra support for a young person who needed it.

"Preparing to become a mentor was both was exciting and nerve-racking. It was exciting to meet somebody who I could hopefully build a relationship with, but nerve-racking because I was worried we wouldn't get on. But we quickly developed a comfortable relationship where we could chat easily.

"My young person is bubbly and usually has lots to tell me about what she's been up to in and out of school. She enjoys looking after her pets and is very good at French. She's confident and I think she's quite mature in many ways, but she's isolated at school. She's organised and motivated to do well, but sometimes her home life can overwhelm her.

"Through mentoring and her involvement with MCR's Talent Taster programme, her confidence has really grown. I can see she's starting to think about what's achievable. She hasn't quite made up her mind about a chosen career, but she's thinking more about her options and the different routes she can take.

"I really look forward to my mentoring sessions. I feel a sense of achievement for her; that she's doing well and pushing herself.

"At first it can be hard to know if

## #GiveAnHour Change A Life

**"I feel a sense of achievement for her, that she's doing well and pushing herself..."**

**I see the journey she's on to realise her potential."**

Please visit [Connect](#) to find out more

you're making a difference. But if your young person keeps coming along you know they're getting something out of the relationship.

"For anyone thinking about becoming a mentor I'd say give it a try. I've learned that there are many young people out there that require just a bit extra support and guidance and if we can do that then they will benefit hugely from this.

"I get a lot satisfaction out of mentoring. It's important not rush things, to get to know the young person slowly and just to listen to them. You are there to offer the

guidance that you can; whether they take it is up to them. It's a long process, but an enjoyable one. It's a journey that both of you are on."

### TRAINING AND SUPPORT

MCR Pathways give training and support through the mentoring journey, including on site at schools through the Pathways Co-ordinators.

The council also offers volunteers help and encouragement to get involved as part of our commitment to help Glasgow's young people.

## CAN YOU HELP MAKE A DIFFERENCE?

More young people, like Lorraine's mentee, are asking MCR Pathways for help. The programme is expanding across all 30 Glasgow secondary schools. Can you help?

**More volunteers are needed to #GiveAnHour.**

### More information

You can find full details about how to get involved, support available, your service champion, case studies and more, on [Connect](#).

## MCR STAFF INFORMATION SESSION

Come along to an MCR Pathways info session and hear more details about the volunteer mentoring programme and how it can fit into your working week. Join us on:

**Wednesday 7 February at 12.30pm**

**Room B21, City Chambers (East), 40 John Street**